

How can new states join the WISEWOMAN program?

Program growth depends on federal funding. Should funds become available, Requests For Applications (RFAs) will be posted in two places:

- Federal Register.
- WISEWOMAN Web site
<http://www.cdc.gov/wisewoman>.

Interested states, tribal organizations, and territories that receive National Breast and Cervical Cancer Early Detection Program funding are encouraged to apply.

Applications are made on a competitive basis. After a panel of experts reviews the applications, awards are made.

For more information —

On WISEWOMAN:

Visit the WISEWOMAN Web site:
<http://www.cdc.gov/wisewoman>
where there is information on each of the 12 projects, including who to contact for more details.

On the National Breast and Cervical Cancer Early Detection Program:

Visit the National Breast and Cervical Cancer Early Detection Program's Web site:
<http://www.cdc.gov/cancer/nbccedp.htm> for more details on this program.

To contact CDC, write to —

WISEWOMAN Program Information
4770 Buford Highway, N.E., K-26
Atlanta, GA 30341-3724

Or e-mail: ccdinfo@cdc.gov



WISEWOMAN™

A program to promote heart-healthy lifestyles for women

- Cholesterol and blood pressure check-ups for women.
- Classes or counseling to help lower women's risk for heart disease.

Department of Health and Human Services
Centers for Disease Control and Prevention



What is WISEWOMAN?

WISEWOMAN is a CDC program designed to help 40- to 64-year-old women reduce their risk for heart disease and promote a heart-healthy lifestyle.

What services does WISEWOMAN provide?

- Free or low-cost blood pressure and cholesterol testing.
- Referral to a physician if needed.
- Educational programs to reduce the chances of getting heart disease.

Some WISEWOMAN projects also provide these services:

- Classes to help women deal with stress.
- Stop-smoking programs.
- Diabetes testing.

How widespread is the WISEWOMAN program?

In the United States, there are 12 WISEWOMAN projects in 11 states:

- Alaska (2)*
- California
- Connecticut
- Iowa
- Illinois
- Massachusetts
- Michigan
- Nebraska
- North Carolina
- South Dakota
- Vermont

*Alaska projects: Southcentral Foundation (SCF) and South East Alaska Regional Health Consortium (SEARHC)



What makes WISEWOMAN special?

Many health programs include screening for various diseases such as cancer and checks for cholesterol and blood pressure. However, most programs do not include counseling or classes to show women what they can do to prevent disease.

WISEWOMAN classes or counseling sessions teach women how to eat healthily and encourage them to be more physically active. Eating healthily and being physically active are two behaviors that help protect women from heart disease.

Who qualifies for WISEWOMAN?

Low-income women from age 40 to 64 who are enrolled in the National Breast and Cervical Cancer Early Detection Program are qualified for WISEWOMAN.

Why focus on heart disease? Are women at high risk for heart problems?

Heart disease is the number one killer of women. In 1998, almost half of the people in the United States with heart disease were women. In fact, more than half of those who die of heart disease are women.